



## Beeston Primary School

### Personal, Social and Emotional Knowledge and Skills End of Year Expectations

	Minimum Expectations for Nursery		Minimum expectations for Reception			Links to KS1 curriculum
Self-regulation	Calm themselves when they are upset.	Able to make a decision independently.	Works towards simple goals.	Responds appropriately to an activity.	Understands their own feelings and regulates behaviour accordingly.	To develop an understanding of their mental health and well-being.
Managing self	Talks about how they are feeling.	Becomes independent.	Confident to try new activities.	Explains the reasons for rules.	Manages own basic hygiene and personal needs – dresses self, toilets in dependently and understands the importance of healthy food choices.	Knows how to stay safe and manage risks.
Building relationships	Notices and ask questions about the differences with their friends.	Develops friendships with other children.	Works and plays cooperatively and take turns with others.	Forms positive attachments to adults and friendships with peers.	Show sensitivity to their own and to others' needs.	Learns about identify, society and equality.